



WV Becoming an Outdoors-Woman
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before you make your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this Spring, it may be offered in the fall. We keep all the classes small and manageable so that you can have a productive learning experience. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room with, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

Due to the unique facilities at NCTC, the lodging and meal costs are higher than we've experienced in the past. Therefore, for this workshop only, the registration fees will be \$200. For the 2005 Fall workshop at Watoga State Park, the estimated registration fees are \$130. As in the past, there are a few scholarships available to cover half the registration fees. Payment is required prior to the workshop via phone, by mail, or by fax. Also, in relation to the price increase, I urge you to make sure that your schedule permits your attendance to the workshop. The BOW program can no longer provide refunds, although substitutes are permitted. See the registration form for details.

Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of WV and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or elizabethgallagher@wvdnr.gov.

I'll see you this Spring!

Elizabeth Gallaher
WV BOW Coordinator

WV Becoming an Outdoors-Woman
USFWS National Conservation Training Center, Shepherdstown, WV
April 15-17, 2005

Please complete both pages of the registration form completely.

Name _____ Phone Number _____
Address: _____ Female ____ Male ____ Age ____

E-mail _____

Please list your four choices for each session in order of preference

Session 1	Session 2	Session 3	Session 4
1 st _____	1 st _____	1 st _____	1 st _____
2 nd _____	2 nd _____	2 nd _____	2 nd _____
3 rd _____	3 rd _____	3 rd _____	3 rd _____
4 th _____	4 th _____	4 th _____	4 th _____

Workshop Fees

____ \$200 Full Price
____ \$175 Bring a Friend Reduced Rate (all forms and fees must be sent together)
____ \$100 Scholarship Rate (must include scholarship application)

Payment Methods

____ Check made to WV BOW enclosed
____ Please charge to my credit card (Visa/Mastercard/Discover)

Number: _____
exp date ____ Signature _____

Return registration form with appropriate funds by April 1, 2005.

By fax: 304-558-3147 (credit card only) Attn: BOW Registration
By phone: 304-558-2771 and ask for either Billie or Elizabeth.

By mail: WV DNR--Wildlife Resources Section
Attn: BOW
1900 Kanawha Blvd., East
Bld. 3, Rm. 842
Charleston, WV 25305



Registration, page 2.

The facilities at the USFWS NCTC are dorm rooms with double beds. Linens and towels will be provided.

Lodging options: Please circle preferences

Smoking

Non-Smoking

Early to Bed

Night Owl

All rooms will be single occupancy, unless requested. Please list only one roommate.

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature _____

Please no Pets.

Upon request of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. **Cancellation deadline is April 4, 2005.** Due to the increase cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

Course Offerings

Session 1 (Friday PM)

Backpacking Overnight (two sessions)
Beginning Fishing
Falconry
Firearms Safety
Fly Fishing 1
Leave No Trace
Mountain Biking 1
Nature Journaling
Nature Walk

Session 2 (Saturday AM)

Amazing Wildlife
Archery
Beginning Fishing
Dutch Oven Cooking
Nature Walk
Nature Craft
Fly Fishing 2
Shotgun
Stream Ecology

Session 3 (Saturday PM)

Archery
Beginning Hunting
Dutch Oven Cooking
Leave No Trace
Map and Compass
Mountain Biking 1
Shotgun
Stream Ecology

Session 4 (Sunday AM)

Bird Walk
Bow hunting
Fly Tying
Intro to Backpacking
Map and Compass
Mountain Biking 2
Nature Photography
Shotgun
Stream Fishing

Course Descriptions

Amazing Wildlife

This class takes a fun and interactive view at wildlife. Learn animal tracks, make your own tracks, discover the hidden secrets of owl pellets, and listen to bird songs and night sounds all in a relaxed environment.

Archery

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please).

Backpacking Overnighter (Two Sessions)

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

Beginning Fishing

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

Beginning Hunting

This course will provide a background on various hunting skills and practices from small to large game. Various methods, equipment, and hunting ethics will be discussed.

Bird Walk

Experience the exciting and addictive hobby of birding. Volunteers from the Potomac Valley Audubon Society will lead participants on tools of the trade and head out to practice your birding skills.

Bow Hunting

Take archery shooting one step further. Learn everything from bow hunting ethics, scouting techniques, tree stand placement and safety, shot placement and blood trailing to equipment selection.

Dutch Oven Cooking

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

Falconry

Learn about the history and training of this ancient sport of falconry. Equipment, training, hunting, and bird selection will be discussed. Due to the dangerous nature of the sport, participants will not be allowed to actually handle the birds but several demonstrations will be given.

Firearms Safety

This course will cover the basic types of firearms, firearms safety, gun handling and the basics of selecting and purchasing firearms. This course is required for those wishing to take rifle, shotgun, handgun, and the hunters' certification card.

Fly Tying

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns.

Fly Fishing I

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first times as well.

Fly Fishing II

Take your knowledge learned from Fly Fishing I to the next level. You will visit a local stream and practice your casting skills and possibly reel in a catch. Participants are to bring waders or old shoes. **Prerequisite:** Fly Fishing I or a previous Fly Fishing class from Trout Unlimited or BOW.

Introduction to Backpacking

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette.

Leave No Trace

"This is your land . . . and this is my land" but we both need to take care of it whether we are in the front country or the backcountry, taking a day hike or a week long backpacking trip. In this interactive, fun and enjoyable class, participants will discover the "7 Principles of Leave No Trace" and become motivated to make less impact on our natural world.

Map and Compass

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your newfound skills over the local terrain.

Mountain Biking 1

Learn the equipment basics, “rules of the road” and then get on that bike and ride! We will have bikes and helmets available, but you are encouraged to bring your own.

Mountain Biking 2

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, breaks, and technical navigation. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite:** Mountain Biking 1 or a good knowledge of mountain biking.

Nature Craft

Do you want to get in touch with your crafting side? This class will focus on constructing a birdhouse for your feathered friends. All materials and tools will be provided.

Nature Journaling

Have you wanted to record your observations and outdoor adventures? This class will introduce you to the art of journaling. Supplies will be provided, but if you have a journal you’d like to share, please bring it.

Nature Photography

Learn the various techniques of capturing nature scenes on film. The first part of the class will involve instruction on equipment and photography techniques and in the second part; you will go out and actually practice what you learned. Please bring your own camera and film.

Nature Walk

This class will be a leisure walk (hike) with most emphasis on nature and nature awareness. Along your trip, nature watching techniques will be discussed and plants and animals identified. You are encouraged to bring binoculars.

Shotgun

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **New! You can take Shotgun for Sessions 2, 3, and 4 if you wish. The instructor would love to teach participants various techniques. He also strongly encourages all shotgun participants to sign up on Sunday where there is an opportunity to go to a Sporting Clays Range.** **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

Stream Ecology

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

Stream Fishing

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided.

Prerequisite: Basic knowledge of knot tying and casting.

**WV Becoming an Outdoors-Woman
Scholarship Application
Spring 2005**

Name _____

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for 4 of these scholarships, please complete this application and submit it with your registration form with the \$100 registration fee. You will be contacted by April 1, 2005 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual income _____

Number of dependents _____

Please write an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

Signature

Date